

The Williamstown
Council on Aging

The Harper Center

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Hours: Mon-Fri, 8-4
and Sunday at 11
for lunch.

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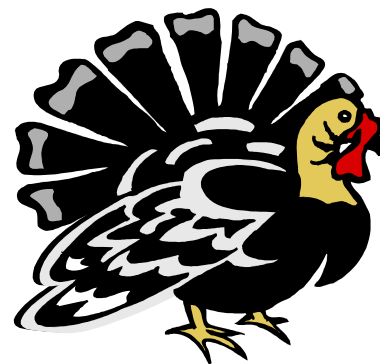
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Harper Center Bulletin

November 1st, 2013. Issue # 228 November 2013 Newsletter

OK, how many shopping days until Christmas remain on the calendar? This is your heads up note-if you haven't started shopping yet, get on it!

November 1st will be a party day here at Harper. We'll be hosting the BRTA as we announce the return of a Route 7 bus-from Williamstown to Pittsfield without going the long way around! This is good news folks, it provides wider access to "the big city" for folks without a car and also provides a means of travel to Sweetbrook/Sweetwood for workers and visitors alike. We'll be offering a ride on the bus along the new route for interested individuals as well as cider and donuts! We start at 9:30, ride around and finish at 11:00. This is a big deal... so stop by and celebrate with us!



The Garden Club will be in the building on Monday, November 4th at 1:00- this is a regular club meeting; don't confuse it with the Holiday Green presentation-which by the way of an advanced promo, will be on Monday, December 2nd at 1:00. The Club stops by to meet and talk all things flower a couple times annually and I'm sure that they wouldn't mind interested listeners. If you're coming for your Tai Chi class on those days, take note!

Now, in the housekeeping department, we'll be closed on Monday November 11, it's Veterans Day, Thursday November 28th and Friday November 29th in observation of the Thanksgiving holidays. And from us here at Harper, Happy Thanksgiving to you!

Thanksgiving Turkeys for home delivery

Thanksgiving is coming and doesn't it seem later this month than usual? I mean, it will be here and then the month will be gone-the holiday this year is on the 28th. Wow! Many of us will gather with family and celebrate the holiday. Some won't be able to. For those who are alone and won't be able to get a meal this Thanksgiving, Diane Bleau and her volunteers at All Saints Episcopal Church in North Adams will ride to the rescue once more. If you're 60 and over, you can call and reserve a hot Thanksgiving Dinner, delivered directly to your doorstep! The number is 664.4965-call between 1:30 and 5:30 in the afternoon and they'll reserve one for you. You have to call no later than Friday, November 22nd! And oh-if you don't need a meal but want to volunteer to help out use the same number. They'd love to hear from you!

Medical imaging



Medical imaging. It brings to mind all sorts of science fiction stuff where they look under your skin and find the hidden...whatever they're looking for. The reality is that this is exactly what's happening. Medical imaging refers to various technologies used by your Doc to get information about what's happening in your body. It helps to diagnose injury, assess the effectiveness of treatment, can help in the fight against disease, all sorts of interventions. Many of us have had experiences with medical imaging and the words and letter combinations utilized to describe complex medical imaging tests have become a part of our daily conversation. Think about it-how often do we hear about someone having an MRI, X-Ray, mammo, ultra sound, bone density test or some other thing? Yup, it happens a lot right?

On Tuesday November 5 at 12:30 Adriane Strolle from the NARH will be here to discuss medical imaging, how it works, when you need it and answer questions. Deli sandwiches at noon!

Java Judy



Java Judy will be in the house at 8:30 on Wednesday November 20th to host a program entitled "Make a Holiday Craft". It is that season and if I keep saying it you'll holiday shop early... yes? Anyway we'll have a little fun with this. Judy will be bringing Paula Savery with her-y'all remember her, she was the person who did the home gardens with us last May. She will be bringing supplies and materials needed to create different decorations and pins to wear or gift during the season. Good deal yes? And we'll make it all the sweeter with some maple syrup to be poured liberally upon a small pile of French toast. Yum!

So, that having been said, does anyone remember those little toy ovens boys in the 60's used to create all sorts of spiders, worms and skeletons and other cool things...came with molds you put this goopy stuff in-oven baking hardened it and presto! Little creatures! Anybody remember this? Would have made great pins...

Home for the Holidays



Some of you folks will remember Bob Dean. He was a guest of honor here at the Harper Center on numerous occasions when he served Berkshire elders as the Director of Elder Services. Since he left that position he's been doing some consulting work and recently has been sharing the knowledge he has gained about elder care and resources out there in the community. On Wednesday evening, November 20 at 5:00, Bob will be in the house to present a program entitled "A Caregivers Guide for the Holidays". Having once been the caregiver to my parents in their twilight years, I can tell you that holidays are stressful and can be emotionally wracking. Bob will lead us in a discussion to help navigate stressful holiday situations, recognize potential "hot button" areas and offer suggestions to re-evaluate holiday expectations. Join us! It's free. Refreshments? Of course!

Fuel Assistance

Won't be long before we start making snowmen and hitting the slopes...I hope anyway! And the snow is beautiful isn't it? OK, never mind, I can hear the groaning from here...

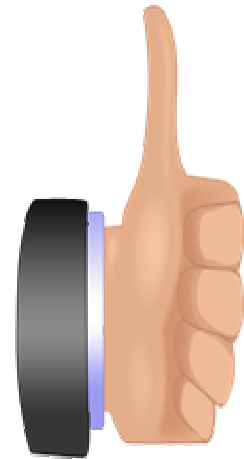
Anyway, some of our friends will qualify for fuel assistance from the government to help defray the cost of heating their home this winter. The program is operational from November 1st to April 30th this year and applications for fuel assistance can be made via Community Action at 663.3014. Anyway, if you're a single person with an income of \$32,056 or less, a couple with income of \$41,932 or a family with \$51,798 or less you could be eligible. Of course the key word here is apply -and an application implies that you'll need to furnish some documentation such as an ID with photo, income verifications, proof of residence and a copy of your heating and electric bill. The good peeps at Community Action will be more helpful with the exact paperwork they will need to get you started.



Kira

Well, our dear friend Kira is changing jobs and won't be working with Interim Healthcare any longer. She's moving on and has accepted a new position out there in the world and won't come to us in THAT role any longer. Ah well...

I'd be sad if she was really going away but...she's not! She's going to be working at Amedisys Home Health Care and we know them too! Geoff Abraskin has come and presented some programs around food and nutrition, Louise Kodela has been here several times and now they have Kira. So an already great organization just got greater! Best part? We get to keep Kira and she'll still be coming along to do programs with us and likely bringing friends. Her first appearance in her new role will be on Thursday, November 14 at 1:00-we don't know what she'll be doing for a program yet, but we'll let you know soon!



Lizards and snakes and bugs...oh my!

Lizards and snakes. They seem to be everywhere and yet they are scary creatures for some of us. Or not. On Tuesday, November 19th at 12:30 Jane Gallagher, a Herpetologist- that's a fancy word for someone who studies the biology of amphibians and reptiles- will be at Harper to talk about her specialty. She'll be bringing lizards, snakes and turtles to look at, touch or perhaps wrap around your neck. She'll discuss rainforest reptiles and how they interact with the ecosystem. Hey- bugs are important! Think of bees as pollinators and makers of honey and flying bugs as food for birds...you get it, right? She has rain forest models to share and, well, we'll learn about amphibians and bugs from all over the world! Anyway, we thank our friend Ida at BHS for arranging this program. Lunch at noon, it will be pasta based, conversation at 12:30.



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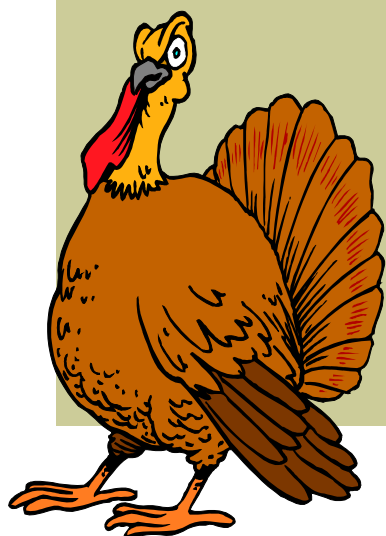
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Elder Services of Berkshire County provides a hot meal to multiple senior centers across Berkshire County several days weekly. The story doesn't end at the door to this building. They also produce thousands of the same meal every day to be delivered to the doorstep of folks who cannot get out, cannot cook themselves for one reason or another but still need to eat. Hey we all need to eat. Don't argue the point, you know better.

The food that is delivered to Harper is hot and it meets daily nutritional requirements always. OK, not everyone likes every meal and that's fine. Much of the food is really good and the Mac and Cheese and their soups are usually reported personal favorites. Not everyone comes to every meal. But some people do come every day as they live alone and enjoy company. Socialization is critical to good health and with food, makes it twice as good.

All of these meals are served by a volunteer workforce who have given their time to help out serving the food and cleaning up after. The landscape would be rather different without them don't you think? Anyway, Elder Services has done everything possible to keep these hot meals coming and with them all the benefits which can be had. But food isn't free and every meal delivered to whatever destination has a price. We're providing a hot meal with beverage every day for a suggested donation of \$2.00. Suggested does not mean skip it. Pat and her people have been told that they cannot say anything about the donation issue. I have no such restrictions. You can't get a hot meal, beverage and desert with seconds even for \$2.00 anywhere. Reach into your pocket and donate. Five meals for ten bucks. Where else?

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Foot Care wizard Serena Merrill will be here on Tuesday, November 19 to clip toenails, trim calluses and work wonders with your feet. Her next stop here in Williamstown will be on Tuesday, December 17 and that date is filling fast, so act quickly if you need her!

SHINE Counselor Peggy Jenks will be here on Wednesday morning, November 20 at 10:30 to assist friends with health insurance questions. We are all now aware that it's open enrollment for Medicare plans and an opportunity for those wishing to change their coverage-I can tell you that while appointments for her Wednesday visits are not needed, sessions with her on other days are. She's been busy folks, so think about it. Open enrollment ends on December 7. Should you desire to speak with Peg, we'll be happy to arrange a session, call us here at Harper, 458.8250 and we'll make arrangements.

The monthly Blood Pressure Clinic will be on Tuesday, November 12 at noon. It's Magic Cookie day!!!

Finally, Brown Bag for November will be on Friday the 22nd. We've made a change in program options for the program, so note the following. We'll pick up the bags at the assembly point in North Adams and bring them to Williamstown. Participants may pick them up at the Harper Center Friday afternoon, we'll deliver them to you personally or you can make arrangements for someone to hold it for you. We won't leave a bag of food outside, so choose one of the options above. Questions? 458.8250.